The City of Brandon
Senior Services Center

May 2022

Monday	Tuesday	Wednesday	Thursday	Friday
2	**3**	**4**	**5**	**6**
8:30 Sit & Be Fit 9:15 Cardio Combo 10:00 Senior Yoga 1:00 Line Dancing	8:30 Men's Coffee 8:30 Sit & Be Fit 9:15 Cardio & Tone 10:30 Crochet 10:30 Spanish 1:00 Line Dancing 1:00 Dominoes	9:00- 12:00 Rankin Chamber Health Fair 8:30 Sit & Be Fit 9:15 Cardio Combo 10:30 Beginner Art 12:00 Bridge* 1:00 Art & Friends	8:30 Sit & Be Fit 9:15 Cardio & Tone 9:45 Spanish 10:00 Tai Chi 11:00 Cinco De Mayo Party 11:00 Dulcimer 1:00 Line Dancing	9:00 Music Group 9:00 Bible Study 10:30 Hand and Foot 10:30 Mother's Day Garden Tour MSU Extension 12:00 Phase 10
9	**10**	**11**	**12**	**13**
8:30 Sit & Be Fit 9:15 Cardio Combo 10:00 Senior Yoga 1:00 Bingo & Pizza with Brandon Police Department	8:30 Men's Coffee 8:30 Sit & Be Fit 9:15 Cardio & Tone 10:30 Crochet 10:30 Spanish 1:00 Line Dancing 1:00 Dominoes	8:30 Sit & Be Fit 9:15 Cardio Combo 10:30 Beginner Art 12:00 Bridge 1:00 Art & Friends	8:30 Sit & Be Fit 9:15 Cardio & Tone 9:45 Spanish 10:00 Tai Chi 11:30 Lunch & Learn 11:00 Dulcimer 1:00 Line Dancing	9:00 Music Group 9:00 Bible Study 10:30 Hand & Foot 12:00 Phase 10 1:00 Bunco $5
16	**17**	**18**	**19**	**20**
8:30 Sit & Be Fit 9:15 Cardio Combo 10:00 Senior Yoga 1:00 Line Dancing	8:30 Men's Coffee 8:30 Sit & Be Fit 9:15 Cardio & Tone 10:30 Crochet 10:30 Spanish 11:30 May Birthday 1:00 Line Dancing 1:00 Dominoes	8:30 Sit & Be Fit 9:15 Cardio Combo 10:30 Beginner Art 12:00 Bridge* 1:00 Art & Friends	8:30 Sit & Be Fit 9:15 Cardio & Tone 9:45 Spanish 10:00 Tai Ch 11:00 Dulcimer 1:00 Line Dancing 1:00 Beading $8	9:00 Music Group 9:00 Bible Study 10:30 Hand & Foot 12:00 Phase 10
23	**24**	**25**	**26**	**27**
8:30 Sit & Be Fit 9:15 Cardio Combo 10:00 Senior Yoga 1:00 Movie Monday "I'll See You in my Dreams"	8:30 Men's Coffee 8:30 Sit & Be Fit 9:15 Cardio & Tone 10:30 Crochet 10:30 Spanish 1:00 Line Dancing 1:00 Dominoes	8:30 Sit & Be Fit 9:15 Cardio Combo 10:30 Beginner Art 12:00 Bridge* 1:00 Art & Friends 1:00 – 3:00 Back to the 50's Sock Hop	8:30 Sit & Be Fit 9:15 Cardio & Tone 9:45 Spanish 10:00 Tai Chi 11:00 Dulcimer 1:00 Line Dancing 2:00 Book Club	9:00 Music Group 9:00 Bible Study 10:30 Hand & Foot 11:30 Luncheon $7 Fraud & Identity theft with Nancy Watts
30	**31**			
City Hall Closed	8:30 Men's Coffee 8:30 Sit & Be Fit 9:15 Cardio & Tone 10:30 Crochet 10:30 Spanish 1:00 Line Dancing 1:00 Dominoes			

•Purple - RSVP Required •Blue - Fitness Classes •Red - Fee Required

Fitness Class Descriptions	
Sit & Be Fit (Beginner) 45 min	Participants remain seated throughout this class. Class format focuses on improved mobility, range of motion, cardio health, and muscle endurance. (45 min)
Cardio Combo! (Beg/Intermediate) 45 min	Low-impact standing cardio exercise for improved heart health, coordination, and balance. Class includes standing cardio and seated strength training. (45 min)
Cardio & Tone (Inter/Advance) 45 min	Low-Impact standing cardio exercise with some standing and seated strength training. (45 min)
Senior Yoga	Gentle stretches and introduction to yoga poses while seated in a chair or on a mat.
Tai Chi (Beginner) 45 min	A graceful form of exercise used for stress reduction and a variety of other health conditions. A series of movements performed in a slow, focused manner, accompanied by deep breathing.
Activities	
Art & Friends	Come and go time with friends that share in their love of art. Bring your own projects and supplies.
Beginner Art	Join our instructor as she guides students through the fundamentals.
Beading Beauties	Sign-up in advance. Fee paid to instructor. Caged Egg Necklace $8
Bible Study	A meaningful time of Christian fellowship with a guided, non-denominational Bible lesson. Led by Barbara Martin.
Book Club	*Sold On a Monday* by Kristina McMorris.
Bridge	We have two Bridge groups active: Experienced Bridge Players and Beginner Bridge Players. Any level player is welcome to observe the tables to acquaint themselves with our groups and styles.
Bunco $	This is a fun, fast-paced, and easy to learn dice game. $5 fee per person which goes towards prizes.
Hand and Foot, Phase 10, Dominoes	All cards and games are open to all levels. If you are not sure how to play, come and sit along-side an experienced player to learn.
Dance - Back to the 50's Sock Hop	Grab your poodle skirt and put on your saddle oxford's!! Join us as we go Back to the 50's and dance til we drop! We'll have ice cream from your favorite soda fountain and all the fresh popcorn you can eat! Sponsored by HomeCare Hospice and Peachtree Village.
Crochet	Bring your own project. Give help and get help.
Dulcimer	The Dulcimer is a fretted stringed instrument with 3 or 4 strings that is played by strumming as it sits in your lap. Grab a dulcimer and come on. Beginner or experienced Dulcimer players welcome.
Line Dancing	Dance classes are led by a dance instructor. Choreography is broken down and taught and then applied to music. No prior dance experience required. Great for beginners to Fred Astaires!
Lunch & Learn	Join McGee Realty and Fairway Mortgage and learn more about the benefits of a reverse mortgage and downsizing or relocating. Sign up!!
Movie Monday	"I'll See You in my Dreams" Carol (Blythe Danner) finds the everyday activities that have given her life structure have lost their luster. Her girlfriends help her seek out new love and new experiences.
Music Group	Join along and jam, play, and sing! Or perfect your skills as an audience member and enjoy the talents of others!
Spanish I	Beginner Spanish for all those interested in learning a new language and exercising your brain.